

REC*Express*

Spring 2007

Herndon Community Center 814 Ferndale Avenue, Herndon, Virginia 20170 • 703-787-7300 • www.herndon-va.gov



The RecExpress highlights just a few of the outstanding programs and events offered by the Herndon Parks and Recreation Department.

To discover all the programs and events we offer, view our Spring Quarterly Brochure at www.herndon-va.gov or stop by the Herndon Community Center for a copy.

Towne Square Singers

"1940's Sentimental Journey"

Join us on a nostalgic journey through the most influential decade in American history. Enjoy radio shows like Burns & Allen, Abbott & Costello, and The Lone Ranger. Music from Broadway's *State Fair*, *Oklahoma!*, and *Pal Joey* will be featured. This concert will also feature great blues from Masters such as Duke Ellington and will cover the invention of Bebop.

Performances at the Industrial Strength Theater, 269 Sunset Park Drive, Herndon. Tickets are available at the Herndon Community Center, or call 703-787-7300. Tickets: \$10



Friday, April 27, 7:30pm
4321.050

Saturday, April 28, 7:30pm 4321.051

Sunday, April 29, 2pm 4321.052

EASTER EGG HUNT

Rain or shine! — Saturday, April 7

Herndon High School Front Lawn, 700 Bennett Street

Join the Easter Bunny for all the Eggcitement at the Herndon Parks & Recreation Annual Easter Egg Hunt. Over 7,000 candy and toy-filled eggs. As part of your registration, you and your children can visit FUNLAND, which will include magic shows, a food vendor, a petting zoo, Cameron the Caterpillar, a big slide, and a Moon Bounce. Each age group will have its own egg hunt. The Easter Bunny will make a grand entrance and stay for great photo opportunities. Bring your own basket or bag for collecting eggs.

*Hunts begin promptly at the scheduled times.

Egg Hunt for Ages Walking-3	4561.601	10:30am
Egg Hunt for Ages 4-5	4561.602	11:00am
Egg Hunt for Ages 6-7	4561.603	10:45am
Egg Hunt for Ages 8-9	4561.604	11:15am

Tickets can be purchased in advance or at the event.

\$6-Advance/\$8-At Event

ON-SITE REGISTRATION: 9:15-10:15am FUNLAND: 10am-12:30pm



TEEN SCENE

The HCC Teen Room is dedicated to middle school students every weekday afternoon from 2:30 – 6 pm. It is easy to join – purchase a \$15 pass. For more information, call **703-787-7300**.

TEEN FRIDAY NIGHTS

Middle School Students ONLY

Here's your chance for exclusive use of the Teen Room and Game Room and of course, room to dance and mingle with friends on Teen Friday Nights at the Herndon Community Center. Tickets available at the Herndon Community Center the week of the event.

8-10:30pm

\$4/advance* \$5/at door**

*Tickets will be sold at Herndon Middle School the Thursday and Friday before.

**Must present school ID or have a parent present when purchasing ticket at the door.

April 13; May 4

EARTHDAY / ARBOR DAY



Saturday, April 21, 9:30am-12:30pm

Herndon Municipal Center, 777 Lynn Street

Join the Town of Herndon in celebrating Earth Day/Arbor Day!

Enjoy conservation and stewardship themed activities, learn about the natural world around you, and discover the treasures of nature that are in your own backyard!

Earth Day exhibits will include:

Backyard Habitat Information, Composting Tips, Fairfax County Tree Commission, Virginia Department of Forestry, Master Gardeners Association, Herndon High School Students Against Global Abuse (SAGA), Wildlife Rescue League, Audubon Society of NOVA, Leave No Trace, and Disease Carrying Insects-Fairfax County Health Department

Event Highlights:

- Presentation of Tree City Award
- Free Tree Sapling from the Town Forester for a Town of Herndon Plant-a-thon
- Eco-Friendly Booths
- Hybrid Car Display
- Cultivating Communities/Plant Exchange
- Family Crafts – Build a Nest Box (quantities limited to first 100)
- Become an Earth Steward, Sign the Earth Day Banner
- Meet Smokey Bear and Rocky Raccoon Giving Conservation Keepsakes
- Moon Bounce & Games for All
- Planting of a Native Tree

Live Music

Questions? Call the Town Naturalist at 703-435-6800 x2113

Free and Open to the Public

Aquatics

Senior Swim Time

Seniors can visit the pool for a reduced rate of \$2 all day on Tuesdays..

- Sign up for a **WATER EXERCISE** Class. Exercising in the water is low-impact and helps to improve your health and wellness. Classes are offered 6 days a week, morning and evenings.
- Summer will be here soon! Sign your child up for a swim lesson, so they will be better prepared for summer swimming. New sessions start in April & May, call **703-787-7300** for availability.

Lifeguard Training Class

Ages 15 years and up

This class trains and certifies American Red Cross lifeguards. It is the most comprehensive course to date and includes rescue techniques, First Aid, and CPR/AED for the Professional Rescuer. Students must be 15 years old by the first day to be eligible to enroll. Participants must also pass a pre-course test to remain in the course. The pre-course test includes: a 500 yard continuous swim consisting of 200 yards of freestyle, 100 yards of breaststroke, and 200 yards of either freestyle or breaststroke; swimming 20 yards to retrieve a 10-pound brick from a depth of 12 feet of water, and returning 20 yards with the brick swimming on back using legs only. *Students must attend all class sessions to pass this course!*



1, 2 hour and 6, 8 hour sessions

Class	Day	Time	TOH/NR
March 31	Sa	10:30am-12:30pm	
April 2-7	M-Sa	9am-5pm	
4061.603			\$180/\$225
April 7	Sa	10:30am-12:30pm	
April 9-14	M-Sa	9am-5pm	
3051.601			\$180/\$225

12, 3.5 hour sessions

Class	Day	Time	TOH/NR
April 16-May 23	M/W	6-9:30 pm	
4061.102			\$180/\$225

Wacky Wednesday

Ages 5 & under

Every Wednesday, 1-3pm

Come join us in the pool with fun and games for the preschool set. The training pool will be set aside for kids (must be with an adult!) and filled with our wacky water toys. A great time for practicing swimming in preparation for summer!

\$5 parent/child

\$2 each additional child

Fitness Services

New Fitness Classes

Try adding a fitness class to your exercise routine. A variety of classes are offered. You can drop-in and take one class or commit to a session. For more information, see our quarterly brochure on-line at www.herndon-va.gov and click on Recreation or stop by the Herndon Community Center.



Kid Care

You can squeeze in a workout with the help of our Kid Care service. Our friendly staff are available Monday – Friday 7-10:45am & 5- 8:30pm, Sunday & Saturday 9am-12pm. Call for more information.

Horseback Riding Trip

Grades 7-12

Join Herndon Parks & Recreation staff for an escorted horseback trail ride through the beautiful countryside of rural Virginia. **This is a great trip to take on your break from school!** Be sure to pack a bag lunch. Vans depart from and return to the Herndon Community Center.

1, 6.5 hour session

Class	Day	Time	TOH/NR
April 2			
4363.003	M	11am-5:30pm	\$35/\$35

Kidsit Babysitting Certification – Ages 11-15

Geared toward young students who want to become good babysitters. Course topics include: babysitter's rights and responsibilities, child development, baby care, toys and games, first aid, how to handle emergencies, and CPR. Each babysitter will receive a babysitting kit including a Kidsit Manual, CPR book, Kidsit Certification and CPR completion card. Please bring a lunch.

1, 6 hour session

Class	Day	Time	TOH/NR
May 12			
4620.003	Sa	10am-4pm	\$48/\$48

Arts and Crafts

ORIGAMI

Beginners Origami for Kids

Ages 6 & up

Children will learn how to fold 5-8 different popular origami shapes using standard origami paper of all sizes. Samples, instruction sheets and practice origami paper will be provided at the end of the class for at home practice. Great outing for scout troops. \$2 supply fee collected at class.

1, 1 hour session

Class	Day	Time	TOH/NR
April 18			
4550.001	W	4-5pm	\$18/\$18
May 15			
4550.003	T	4-5pm	\$18/\$18

Origami Note Cards – Ages 16 & up

Attendees will learn history of origami, fold simple origami pieces and create 4 hand-made note cards, incorporating collage, rubber stamping and paper layering. We'll view sample pieces/artwork/instruction books, and have a Q&A session. Attendees will also receive a take home kit with instructions & origami paper for home use. \$2 supply fee collected at class.

1, 1 hour session

Class	Day	Time	TOH/NR
April 18			
4550.002	W	5-6pm	\$18/\$18
May 15			
4550.004	T	5-6pm	\$18/\$18

RUBBER STAMPING/ CARDMAKING

All-Occasion Card Class I

Ages 15 & up

Join Julie Saylor for an evening of card making. Students will learn and utilize basic rubber stamping techniques to make 10 unique cards for all-occasion use. A variety of sentiments will be available. Envelopes will be provided. Students should bring: fine detail scissors, glue stick and mono-adhesive or double sided tape to class. \$25 supply fee for materials.

1, 2 hour session

Class	Day	Time	TOH/NR
April 18			
4565.001	W	6:30-8:30pm	\$18/\$18
May 16			
4565.002	W	6:30-8:30pm	\$18/\$18
June 13			
4565.003	W	6:30-8:30pm	\$18/\$18





Reptiles Alive! – All Ages

We'll see live (non-venomous) snakes, toads, and turtles! We will learn about where they live, what they eat, and how they behave. Have you ever held or touched a live snake, or fed a toad? If you are willing, these amazing friendly creatures will certainly allow you to!

1, 1.5 hour session

Class	Day	Time	TOH/NR
April 13			
4363.004	F	6:30-8pm	\$7/\$7 per family

National Arboretum Tour – Adults

Azaleas in Bloom: Visit one of the area's most beautiful preserved habitats. An Arboretum tour guide will lead us through the spectacular azalea gardens, and share the plants and trees from around the world! Bring a bag lunch, for a lawn picnic at the United State's State Tree picnic garden area. We will have a walking tour through the National Herb Garden and the National Bonsai Garden. Vans depart from the Community Center.

1, 5.5 hour session

Class	Day	Time	TOH/NR
April 27			
4363.006	F	10am-3:30pm	\$7/\$7

Low Impact Canoe Trip

Ages 16 & up

Canoeing is great exercise and great fun. Come paddle your way through the water at Lake Accotink with the Town Naturalist and learn all about Virginia's aquatic habitats. This is a very low impact paddling tour designed for beginners on flat water. All equipment and canoes will be provided. No experience required. Vans depart from the Herndon Community Center.

1, 5 hour session

Class	Day	Time	TOH/NR
May 19			
4363.010	Sa	9am-2pm	\$10/\$10

Spider Search – All Ages

The meadow at Runnymede Park is a great place to search for spiders. Let's catch, study, then release our Arachnid friends as we learn about our web of life and play the Web of Life game.



1, 1 hour session

Class	Day	Time	TOH/NR
May 18			
4363.009	Sa	10-11am	\$5 per family



Cooking 101: Back to Basics

Ages 16 & up

Whether you're just learning to cook or want to brush up on your skills, this is the place to be. In each session we'll practice knife skills and a different cooking technique. Session 1 will focus on proper knife handling techniques and basic chopping and slicing, along with recipe understanding, and sautéing. Session 2 will continue knife skills with dicing, mincing, and julienne, and we'll learn about roasting and baking.

2, 2 hour sessions

Class	Day	Time	TOH/NR
April 4 & 18			
4645.016	W	6:30-8:30pm	\$104/\$104

Cooking Healthy is Easy

Ages 16 & up

Quit struggling to get a good, healthy meal on the table during the week. In this class, we'll make quick, easy, healthy meals that taste great. You'll come away with some great quick-cooking techniques, recipes, and short-cuts to make your weeknight cooking a treat instead of a chore.

1, 2 hour session

Class	Day	Time	TOH/NR
May 2			
4645.017	W	6:30-8:30pm	\$52/\$52

Trips



Atlantic City, New Jersey

Ages 21 & up

It could be your lucky day to win big! Play the slots, or stroll the boardwalk for some shopping! The trip includes continental breakfast, motor coach transportation, driver, escort, six-hour day at the casino, and \$20 cash from the Hilton Casino! No refunds after April 23.

Class	Day	Time	TOH/NR
May 7			
4860.101	M	6:45am-10pm	\$42/\$42

Dandy Lunch Cruise – Ages 18 & up

We will depart from the beautiful port of historic Old Town Alexandria and cruise up the Potomac while we enjoy a three-course meal. We will cruise past our national monuments and into Georgetown, then turn around and return back to port. Trip includes a served, three-course meal, cruise admission, taxes, gratuity, driver, escort, and transportation by motor coach. No refunds after April 17.

1, 5 hour session

Class	Day	Time	TOH/NR
May 15			
4840.201	T	10:30am-3:30pm	\$80/\$80

Mother-Daughter Afternoon Tea – Ages 4 & up

Bring your favorite tea cup and enjoy an afternoon making scones, lemon cream, finger sandwiches, and tea cookies. After we're done, we'll brew tea and have our own tea party. Teddy-bears and dolls are welcome.

1, 2 hour session

Class	Day	Time	TOH/NR
May 12			
4645.018	Sa	2-4pm	\$60/pair

The Well-Stocked Pantry

Ages 16 & up

A well-stocked and organized pantry makes weeknight cooking faster and easier. We'll discuss useful ways to stock and organize your pantry, including the refrigerator and freezer. We'll make entrees right from the pantry and discuss "go-to" recipes. A shopping/pantry list and additional tips will be distributed at class.

1, 2 hour session

Class	Day	Time	TOH/NR
May 29			
4645.019	T	6:30-8:30pm	\$52/\$52

Grilling – Ages 16 & up

Grilling is the perfect warm-weather cooking method. From meat to veggies to fruit, enjoy some time outside on the patio or deck, and grill up some mouth-watering treats. We'll make a whole meal on the grill using great spice rubs, marinades, and sauces.

1, 2 hour session

Class	Day	Time	TOH/NR
June 9			
4645.020	Sa	2-4pm	\$52/\$52

Colonial Williamsburg Weekend – All Ages

Enjoy 2 days and 1 night of living history! We will enjoy lodging at the Governor's Inn, guided Historic Tour of Williamsburg, Revolutionary City, Jamestown's 400th Anniversary Celebration, a colonial performance, dinner on Saturday night at the Kings Arms and many more attractions. Trip includes driver, group leader, lodging, continental breakfast at hotel, King's Arms Tavern dinner, colonial performance, luggage handling, taxes and gratuities. No refunds after April 1.

April 28-29

4860.601	Adult	\$305/\$305
4860.602	Child 18 & under	\$195/\$195

*Motorcoach departs at 6am from the Herndon Community Center and will return on Sunday at 11pm.



Town of Herndon Parks and Recreation Department
P.O. Box 427, Herndon, VA 20172

703-787-7300
www.herndon-va.gov

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Permit No. 280

*"Promoting a sense of community and
enriching the quality of life."*

ECRWSS Residential Customer

Herndon Community Center – newly renovated

Now Featuring:

- Expanded fitness room with new equipment
- 3 racquetball courts
- 25-yard indoor heated pool, spa, & sauna
- Full-size gymnasium
- All new meeting spaces and classrooms
- Personal training
- 3 lighted & 3 indoor tennis courts
- Classes galore - land and water fitness, swimming, tennis, yoga, dance, art, childcare, and much more.

New! Better Benefits

- Daily admission & admission passes now include select land aerobic classes
- Receive a 10% discount on class registration fees if you are an annual pass holder
- Receive three complimentary sessions with our personal fitness trainer if you are an annual or six-month pass holder

No Initiation Fees or Contracts • Flexible Admission Passes

Hershey Track and Field

Saturday, May 12, 9:30am
Herndon High School
Ages 9-14



The Hershey Track and Field meet is co-sponsored by the Herndon Parks and Recreation Department and Hershey Foods Corporation in conjunction with the National Recreation and Park Association and the President's Council on Physical Fitness & Sports.

- Compete in running, throwing, and jumping activities in your respective age group
- Winners have the opportunity to advance to district, state and national meets!
- Registration forms available at the Herndon Community Center beginning in mid-April.
- All participants must pre-register prior to May 9, 2007.
Race-day registrations not accepted.

Tennis

Spring is here and it's a great reason to play tennis. Adult and youth tennis lessons are offered at the Bready Park Tennis Complex, adjacent to the Herndon Community Center. Classes are organized under the National Tennis Rating Program (NTRP). Call for more information or view the spring brochure www.herndon-va.gov and click on **Recreation**.

Spring Break Tennis Camp

Ages 9-15

A great way for kids to spend their break - learning tennis and having fun. The camp will feature on and off court instruction, warm-ups and conditioning. Individual instruction and match play are also included. The camp includes a daily swim - participants must bring a bathing suit and towel every day. Students must provide their own racquet and a new can of balls. In case of inclement weather during the session, other sport activities (such as racquetball, wallyball, and table tennis) may be substituted.

4, 3 hour sessions

Class	Day	Time	TOH/NR
April 2-5			
4721.911	M-Th	8:30-11:30am	\$64/\$80
April 2-5			
4721.912	M-Th	12:30-3:30pm	\$64/\$80
April 9-12			
4721.914	M-Th	12:30-3:30pm	\$64/\$80

Herndon Junior Tennis League

This league will help players develop their skills while also participating in a fun but competitive environment. There will be separate divisions for both boys and girls ages 9-14. Recreational and Masters Divisions are available. Each division will consist of a six match, regular season plus playoffs and is singles play only. Games will consist of an eight-game pro set using no-ad scoring. Matches will be held on Sundays and Mondays with an instructional day to be determined. Play will begin on Tuesday, May 8 and run through the end of June. The registration deadline is May 3. Matches will be held at Bruin Park. Players must provide their own balls for the matches.

TOH- \$63 / NR-\$76

Boys Recreational (ages 8-12) 4725.111

Girls Recreational (ages 8-12) 4725.112

Boys Masters (ages 10-14) 4725.113

Girls Masters (ages 10-14) 4725.114

